

## **CLAIMS**

**1 A method for inducing the formation of collagen in a selected collagen containing tissue site beneath a skin surface, comprising:**

- providing an energy source;**
- producing energy from the energy source;**
- cooling through the skin surface, wherein a temperature of the skin surface is lower than the selected collagen containing tissue site; and**
- delivering energy from the energy source through the skin surface to the selected collagen containing tissue site for a sufficient time to induce collagen formation in the selected collagen containing tissue site, and forming no more than a second degree burn on the skin;**
- and creating a tissue effect.**